

“What’s On” in North West Leicestershire Sure Start Children’s Centres

“Thank you for all your support throughout my parenting journey. I’m not sure how I’d have coped without you all”




Ofsted

“Good”
February 2014

Issue 3 (2016/17)

This booklet is for term-time only activities. Please contact your local centre for information on holiday activities.

Please call 0116 305 5993 to check that groups are on before attending

What does your local Children's Centre offer?

Help, advice and support on child and family health, parenting and a range of other issues to help you provide the best start in life for your under 5's.



Katie Herbert
Children's Centre Coordinator

Feedback from our families

"I feel more confident in understanding my child and know how to respond to them"

"The bond I have with my child has improved"

"I feel more confident about becoming a parent as I know I will have support of people and new friends to talk to"

Your Family Outreach Workers



Sue Holt
Senior Family Outreach
Worker



Angela Slater
Warren Hills Children's
Centre



Carolyn Clarke
Castle Donington Children's
Centre



Benita Handley
Coalville Children's Centre



Kim Absalom
Ashby & Moira Children's
Centres



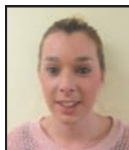
Lesley Renton
Measham Children's Centre



Michelle Wingrove
Thringstone Children's Centre



Krysha Catterall
Coalville Children's Centre



Amy Maguire
Ilstock Children's Centre

What we do...

we work closely with families in the community and support families by running fun sessions for parents and children aged 0-5 years. We visit families at home for more direct support and also work closely with other professionals to signpost families to other available services. We can support any family with children aged 0-5 years with issues including finances, housing needs, behaviour management/parenting skills, emotional support and help accessing childcare provision.

Your Pathway Support Workers



Most of our work is with families attending groups run by Sure Start. We run some of our Pathway groups for families with Under 2's. We work closely with the rest of the team and other professionals to signpost families when other services are needed.



Lynette Towse

Rebecca Mason

An A-Z of the services, activities and support we offer:

Universal Support:

These groups can be attended by any families with under 5's. Some are so popular that a booking system is in operation so please call or check our Facebook page before coming along.

Baby Giggles

A group for parents with babies aged 0-8 months, encouraging positive parent & child attachment, understanding babies cues while developing physical and social skills.

Breastfeeding Support Group

Informal and relaxed session for mums and mums-to-be offering help, support and advice on breastfeeding.

Bumps to Babies

Groups for expectant parents covering labour, pain relief, infant feeding and parenting skills, bookable through midwife.

Childminders Group

Drop-in groups for Childminders and children they care for.

Development Checks / Weaning Groups

Advice about your baby's development / information and advice around weaning your baby.

FOW drop-in

Families can drop-in to see a Family Outreach Worker (FOW) in a safe and confidential environment for support and advice on various family matters.

Here We Grow

Community volunteer-led group to encourage healthy eating by growing your own vegetables, with related activities. Starting again Easter 2017.

International Groups

For parents for whom English is a second language with children under 5.

Kimbles - Cost involved

Music and movement learning through play sessions.

Sensory Rooms (Ashby and Warren Hills)

Offer a stimulating environment for babies and children with additional needs but are also open to all families with children under 5 to book.

Volunteer / Parent-Led Groups

Stay & Play groups run by parents/volunteers.

Weigh-in Clinics

To have your baby weighed and for advice on health and development. These appointments are booked through your local Health Visitor.

Referral Only Support:

REFERRAL ONLY

These groups are designed to support and guide parents who may find themselves in need of a helping hand. You can be referred by any professional who is working with you (eg your health visitor) or you can self-refer if you feel you would benefit from any of these groups. To self-refer just ring and speak to a member of the team who will be happy to discuss the most appropriate group for your needs.

0-2 Pathway

A group for families with 0-2 year olds which leads on from baby Beginnings. The pathway covers a varied programme of activities to support parenting and child development.

Baby Beginnings

An 8 week course including 6 weeks antenatal and 2 weeks after birth. The course will cover a number of issues including; labour and pain relief, feeding, bonding and safety with a new born. This leads onto a pathway group.

FIMS

A six week course giving low level mental health support for parents of a child over one.

HEY- Healthy Eating for Young children

Sessions for parents who are interested in all aspects of healthy lifestyles for themselves and their family.

HYP A - Helping Young Parents Achieve

A group supporting young and expectant parents under 21 with their parenting skills in a fun and relaxed centre. We have different activities each week which are often chosen by the parents in the group.

HYP A Lifeskills

Group aimed at under 25's moving on from the HYP A group.

Learning Through Play

A group for parents and their children aged over one. This group supports your child's early learning through hands-on activities, informal discussion, information and ideas to try at home.

Referral Only Support (cont):

REFERRAL ONLY

Let's Get Talking

Sessions aimed at children aged around 2 with delayed speech and language development.

My Wellbeing Toolkit

Groups aiming to improve the confidence and self-esteem of parents.

PICL Groups - Parents Involved in Children's Learning

Learn to understand how your children learn so you can help them develop and progress at home.

Solihull Groups

'Understanding your Child' - groups run by Family Outreach Workers for parents with children aged 18mths+.

Stress Control Group

Good thinking therapy sessions to teach you new skills that can fight stress.

You, Me & Us

Providing support in the perinatal period to improve the life chances of your baby using the 'Five to Thrive' model.

Back to Basics Cooking Group

Learn to cook healthy, nutritional meals and make a meal to take home.



REFERRAL ONLY

Services showing this symbol are available via referral. See page 4 for details.

Sensory Room available to book out, various days/times available, call 0116 305 5251

MONDAY

BREASTFEEDING SUPPORT GROUP

1.00 - 2.30
Drop-in

BUMPS TO BABIES

(universal antenatal)

3.00—5.00

Please book by calling:
01530 468525 or 01530
468507

TUESDAY

TWINS GROUP

(Volunteer-led group)

10.00-11.30

Bookable

WEDNESDAY

WEIGH-IN CLINIC & DEVELOPMENT CHECKS

1.00 - 3.00 Bookable
through Health Visitor -
01530 468525

THURSDAY

LITTLE STARS

Stay & Play (Volunteer-led group)

10.00 - 11.30

Drop-in

0-5yrs

BABY GIGGLES

1.00 - 2.00

0-8mths

Bookable

FRIDAY

WOODCOTE SCHOOL DROP-IN

2.00pm—3.00pm

For Woodcote School parents and their
pre-schoolers. Term-time only

Castle Donington

Sure Start Children's Centres



REFERRAL ONLY

Referral only services are available via referral. See page 4 for details.

MONDAY

MINIHOPPERS - 50p per child
(Led by Grasshoppers Nursery) 9.30 - 11.30
Drop-in (Term time only)
0-5yrs + primary school children welcome

HEALTH VISITOR CLINIC
1.00 - 2.30.
Bookable - 01332

LITTLE WIGGLERS 0-2 yrs
£3.00 per child,
£2.00 under 6m
1.45 - 2.45. Drop-in

TUESDAY

WEDNESDAY

WIGGLE, SHAKE AND MAKE 0-5 years
10.00 - 11.00
drop-in
£3 per child, £1 per sibling

0-2 PATHWAY

For babies born Sept—Nov 16 **
1.00 - 2.30
Our current focus will be 'Infant Massage'

REFERRAL ONLY

THURSDAY

BREASTFEEDING SUPPORT GROUP
10.30 - 12.00
Drop-in

FRIDAY

Coalville (Hub)

Sure Start Children's Centres

AM

MONDAY

REFERRAL ONLY

INTERNATIONAL GROUP

(Volunteer-Led)
10.00 – 11.30am
Drop-in

MIDWIFE APPOINTMENTS

9.00—5.00
Please book by calling:
0116 258 4834

DEVELOPMENT CHECKS

9.00—12.30
By appointment
from Health Visitor

0-2 PATHWAY

For babies born July/
Aug 16
10.30 - 12.00
Our focus will be 'Five
to Thrive'

TUESDAY

REFERRAL ONLY

LET'S GET TALKING

10.00 - 11.30

DEVELOPMENT CHECKS (second Tuesday of month)

9.00—12.30
By appointment from Health
Visitor

MIDWIFE APPOINTMENTS

9.00—5.00
Please book by calling:
0116 258 4834

WEDNESDAY

STAY AND PLAY

Volunteer-led group
10.00 - 11.30
Drop-in

DEVELOPMENT CHECKS (first and fourth Wednesday of month)

9.00—12.30
By appointment from Health Visitor

THURSDAY

FIMS

10.00 - 11.30
Starting 22nd September

REFERRAL ONLY

CHILDMINDING GROUP

10.00-12.00
(Term time only)

DEVELOPMENT CHECKS (last Fri- day of month)

9.00—1.00
By appointment
from Health Visitor

FRIDAY

REFERRAL ONLY

YOU, ME AND US

10.00-11.30
By referral

REFERRAL ONLY

0-2 PATHWAY

For babies born Nov-Dec '16
10.30 - 12.30
Our focus will be 'Getting to
Know You'



REFERRAL ONLY

Referral only services are available via referral. See page 4 for details.

PM

MONDAY

SOLIHULL PARENTING GROUP

1.00 - 3.00

Starts 16th January

Bookable

REFERRAL ONLY

TUESDAY

LET'S JUST COOK

12.30—2.30pm

Start's 21st Feb

Bookable

BREASTFEEDING SUPPORT GROUP

1.00 - 2.30

DEVELOPMENT CHECKS

12.30—3pm

By appointment from Health Visitor

WEDNESDAY

I'M HAVING A BABY

12.30—2.30pm

Starting 1st February

Ante-natal sessions for young parents

0-2 PATHWAY

For babies born Spring 2016

1.30 - 3.00

Focus will be 'Tiny Talkers'

REFERRAL ONLY

HEALTH VISITOR ADVICE CLINIC

(2nd and 4th Wednesday of month)

12.30—4.30

Bookable through Health

Visitor

THURSDAY

HYPA - Helping Young Parents

Achieve For parents + expectant parents under 21

12.30 - 2.30

Drop-in

SPECIALIST MIDWIFE

12.00—4.30

By appointment

SIBS GROUP

Group for children aged 8 –14 who have siblings with ASD or Aspergers

FRIDAY

HYPA Lifeskills

For parents + expecting parents under 25

1—3pm

Bookable

REFERRAL ONLY

BUMPS TO BABIES

(universal antenatal)

2.00—4.00

Please book by calling: 01530 467462



Sure Start Children's Centres

REFERRAL ONLY

Services showing this symbol are available via referral. See page 4 for details.

MONDAY

DEVELOPMENT CHECKS

9.00 - 1.00

Bookable through Health Visitor - 01530 264928

PARENT & BABY YOGA

10.00—11.00am

Bookable by calling 01530 454606

0-2 PATHWAY

1.15—2.45pm

For babies born Sept—Oct '16.
Current focus: 'Baby Massage'
Bookable

REFERRAL ONLY

TUESDAY

LEARNING THROUGH PLAY

10.00-11.30

Bookable

REFERRAL ONLY

WEDNESDAY

HEALTH VISITOR ADVICE / WEIGH-IN CLINIC

9.00 - 11.00

Bookable through Health Visitor - 01530 264928

LEARNING THROUGH PLAY

1.15—2.45

Bookable

REFERRAL ONLY

THURSDAY

0-2 PATHWAY

For babies born spring 2016

10.00-11.30

Current Focus: 'Tiny Talkers'
Bookable

REFERRAL ONLY

DEVELOPMENT CHECKS

9.00 - 1.00

Bookable through Health Visitor - 01530 264928

PICL

12.45—2.45

Starts Jan '17

6 week course

Bookable

REFERRAL ONLY

FRIDAY

LITTLE TWINKLES STAY & PLAY

(Play & Learn Group)

Volunteer-led group Drop-in

10.00 - 11.30

0-5yrs

DEVELOPMENT CHECKS

9.00 - 1.00

Bookable through Health Visitor - 01530 264928

Measham



Sure Start Children's Centres

REFERRAL ONLY

Services showing this symbol are available via referral. See page 4 for details.

MONDAY

REFERRAL ONLY

0-2 PATHWAY

For babies born Oct 15—Feb 16**

Focus: 'Tiny Talkers'

10.00 - 11.30

TUESDAY

HEALTH CHECKS

9.30 - 12.30

Bookable through Health

Visitor - 01530 468525

POLISH GROUP

3rd Tuesday of the

Month

Drop-in

0-5yrs

0-2 PATHWAY

REFERRAL ONLY

For babies born May—Jun
2016**

Focus: 'Little Explorers'

1.00 - 2.30

WEDNESDAY

LITTLE STARS

Stay & Play (Volunteer-led

Drop-in group)

10.00 - 11.30

0-5yrs

BREASTFEEDING SUPPORT GROUP

11.45 - 12.45

Drop-in

THURSDAY

REFERRAL ONLY

Solihull Group

10.00am - 12.00pm

Starts 19th January 2017

Bookable

FRIDAY

BABY GIGGLES

1.00 - 2.00

0-8mths

Bookable



REFERRAL ONLY

Services showing this symbol are available via referral. See page 4 for details.

MONDAY

LITTLE STARS

(Volunteer-led Play & Learn Group)

10.00 - 11.30

0-5yrs

TUESDAY

REFERRAL ONLY

0—2 PATHWAY

9.30am—12.30pm

Starts 7th February

Focus: Baby Beginnings

WEDNESDAY

LETS GET TALKING

10.00am—12.00pm

Starts 11th January

DEVELOPMENT CHECKS

4th Wed of the month

9.00am—12.00pm

THURSDAY

BABY WEIGH-IN CLINIC

(3rd Thurs of Month)

10.00 - 11.00

Bookable through Health Visitor -

01530 468525

CHILDMINDERS GROUP

10.00—11.30

Drop-in

FRIDAY

REFERRAL ONLY

MY WELLBEING TOOLKIT

10.00—12.00

Starts 20th Jan 2017

Thringstone

Sure Start Children's Centres



REFERRAL ONLY

Services showing this symbol are available via referral. See page 4 for details.

MONDAY

STAY AND PLAY

Drop-in (term time only)
Volunteer-led group
10.00 - 11.30

OPEN DAY/DROP-IN EVENT

7th March 2017
2.45—4.00pm

TUESDAY

BY INVITATION GROUP

REFERRAL ONLY

WEDNESDAY

THURSDAY

BY INVITATION GROUP

REFERRAL ONLY

FRIDAY

STRESS CONTROL GROUP

10.00 - 12.00
Bookable
Starts 13th Jan 2017

REFERRAL ONLY

Warren Hills

Sure Start Children's Centres

AM

MONDAY

FOW/SCHOOL DROP IN
8.30am—9.30am

SOLIHULL GROUP
10—12
10 week group
Bookable
Starts 30th Jan 2017

REFERRAL ONLY

TUESDAY

PICL
9.30 - 11.30
6 week course
Starts Feb '17

REFERRAL ONLY

SPEECH AND LANGUAGE APPOINTMENTS
First Tuesday of the month
9.00am—1.00pm
By appointment

WEDNESDAY

WEIGH-IN CLINIC
9.30 - 11.00
1st Weds of month
Bookable through
Health visitor -
01530 468552

JELLY BEANS
10.00 - 11.30 (Term time
only, drop-in (Volunteer-
led)
Crawling to age 2

NEW!

PARENT AND BABY YOGA
10.0 - 11.00
£2.50
Bookable by calling -
01530 454606

THURSDAY

DEVELOPMENT REVIEWS
9.00 - 12.30
Last Thursday of the month
By invitation from Health Visitor

0-2 PATHWAY
For babies born Sept-Oct 2016
Focus: 'Infant Massage'
10.00 - 11.30

REFERRAL ONLY

FRIDAY

JELLY BABIES
10.00 - 11.30 (Term time only)
Drop-in (Volunteer-led)
Up to crawling

BABY NEXT STEPS (weaning group)
10.00 - 12.00
2nd Friday of the month
Bookable invitation from Health Visitor

REFERRAL ONLY

Referral only services are available via referral. See page 4 for details.



Sensory Room available to book out, various days/times available, call 0116 305 6948

PM

MONDAY

JELLY TOTS

Stay & Play (Volunteer-led group)
1.15 - 2.45 Drop-in
Term time only

TUESDAY

BABY GIGGLES

1.00 - 2.00
0-8mths
Bookable

0-2 PATHWAY

1-3pm Starting in February
For babies born Jan/Feb '17
Focus: 'Getting to Know You'

REFERRAL ONLY

BUMPS TO BABIES

(universal antenatal)
3.00—5.00
Please book by calling:
01530 467462

WEDNESDAY

BUMPS TO BABIES

(universal antenatal)
3.00—5.00
Please book by calling: 01530
467462

REFERRAL ONLY

BACK TO BASICS COOKING GROUP

12—2.30pm
Starting 11th Jan '17

THURSDAY

DIETITIAN APPOINTMENTS

Third Thursday of the month
9.00am—1.00pm
By appointment

FRIDAY

Free Childcare

for 2 year olds

A scheme to offer eligible two year old children up to 570 hours of free childcare per year is running in Leicestershire

To see if you can access free childcare for you 2 year olds, please visit
www.myearlylearning.co.uk/earlyyears/apply

If you have any issues using the online checker please either visit your local Children's Centre or call us on 0116 305 6208



Volunteering with us..

Why volunteer?

Are you interested in working with children aged 5 and under and their families? Do you want to gain valuable skills and knowledge that you can carry forward into employment? This could be the volunteering experience for you!



What opportunities are available?

- Planning and running our volunteer led Stay and play groups.
- Assisting staff in professional led groups.
- Community engagement events, mystery shop and parent voice activities.
- And much more!

If you would like a more in depth chat on volunteering about how you could help us and how we could help you, ask to talk to a member of staff or contact our Parent and Community Involvement Worker **Heather Wood** on **0116 305 5328** or heather.wood@leics.gov.uk

What are the benefits for me?

- You will receive relevant and useful training to enable you to carry out your volunteering role.
- You will gain valuable skills and confidence.

Useful Contact Numbers:

Breastfeeding Peer Support	01455 441 036
Breast Feeding Text Service	'FEED' to 60777
First Contact Plus	0116 305 4286
First Response (Social Care)	0116 305 0005
Jobcentre Plus enquiry line (New Benefit Claims Only)	0345 604 3719 0800 055 6688
Leicestershire County Council	0116 232 3232
Leicestershire Police (non emergency)	101
Marlene Reid Centre	01530 510 515
Trussell Trust (food bank) Coalville Trussell Trust (food bank) Ashby	01530 838355 07542 118878
NHS Non-emergency Number	111
QuitReady Leicestershire	0345 646 66 66
NWL District Council Offices Housing advice/homelessness	01530 454 545 0800 952 0079
Rape Crisis Centre	0116 255 8852
REACT Furniture Project	01530 512 454
Relate Leicestershire	0116 254 3011
Turning Point	020 7481 7600
Victim Support	0300 303 1947
Warm Homes/Healthy Homes	0300 333 6544



North West Leicestershire Sure Start Children's Centres



Find us on Facebook, search:

North West Leics Sure Start Childrens Centres

Ashby Children's Centre

(Based at Woodcote Primary School)

Willowbrook Close

Ashby de la Zouch

LE65 1JZ

0116 305 5251

/Ashby Sure Start Children's Centre

Castle Donington Children's Centre

(Based at Castle Donington

Community College)

Mount Pleasant

Castle Donington

DE74 2LN

0116 305 5234

/Castle Donington Sure Start
Children's Centre

Coalville Children's Centre

(The Hub - Next to the library)

3 High Street

Coalville

LE67 3EA

0116 305 5993

/Coalville Sure Start Children's Cen-
tre

Ibstock Children's Centre

(Based at Ibstock Community College)

Central Avenue

Ibstock

LE67 6NE

0116 305 6421

/Ibstock Sure Start Children's Centre

Measham Children's Centre

(Based at Measham C of E Primary

School)

Bosworth Road

Measham

DE12 7LG

0116 305 5275

/Measham Sure Start Children's Cen-
tre

Moira Children's Centre

(Based at Moira Primary School)

Blackfordby Lane

Moira

DE12 6EX

0116 305 5279

/Moira Sure Start Children's Centre

Thringstone Children's Centre

(Based at Thringstone Primary School)

Hensons Lane

Thringstone

LE67 8LJ

0116 305 5271

/Thringstone Sure Start Children's Cen-
tre

Warren Hills Children's Centre

(Based at Warren Hills Primary School)

Stamford Drive

Coalville

LE67 4TA

0116 305 6948

/Warren Hills Sure Start Children's
Centre

General Enquiries: 0116 305 5993

coalvillecc@leics.gov.uk